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HHCKLA
BUDDHIST CHING KOK
SECONDARY SCHOOL

My favourite sportsman

My favourite sportsman - So Wa Wai

My favourite sportsman is So Wa Wai. He is a famous disabled runner. I like him because he is hardworking and he never gives up.

He was born on October 6, 1981 in Hong Kong. He is 1.74 meters tall and weighs 63 kilograms. He started running at the age of 10. Poon Kin Lui was his coach and he taught him to perform well on tracks and in fields.

Over the years, So Wa Wai won in a lot of international competitions. In 1996 Paralympics, he won a gold medal as part of the men's 4x100 relay team for Hong Kong. In 2008, he first won a bronze medal in the 100m dash; however, it was a disappointing performance to him and followed this, he was listed on the sixth place in the 400m. In the 200m final, he broke his own world record with a time of 24.64 seconds.

In the years to come, So will keep on struggling and working hard with his life and surely, he will never give up.

Ko I Ka 3E



My favourite sportsman - Yao Ming

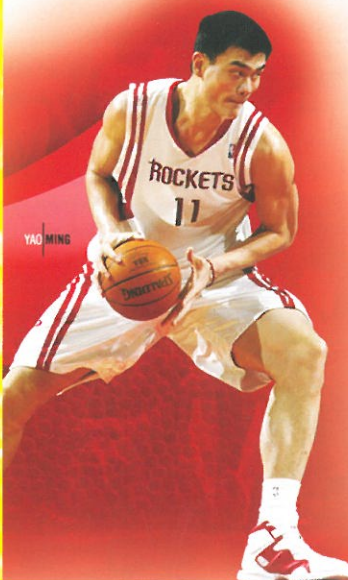
My favourite sportsman is Yao Ming. He is a famous basketball player. I like him because he is very tall, hardworking and handsome.

Yao Ming was born on September 12 of 1980 in Shanghai, China. He is 2.29 metres tall and weighs 140 kilograms. He started playing basketball at the age of 13 and joined the senior team of the Sharks in 1997.

Over the years, Yao Ming has won a lot of international competitions. In 2000, he competed at the Olympic Summer Games in Australia in 2000. He played center for the Houston Rockets in the NBA in 2002. In 2009, he underwent a pair of successful surgeries on his left foot.

He understands basketball is not his entire life and wants to explore some other interesting things in his life. He is very successful! I think he is the best basketball player.

Leung Man Hin 3B



A healthy life & social issues

A Healthy Life

Every one of us wants a healthy life, but do you know how to lead a healthy life? Some may think that it is hard to stay healthy but they are wrong. Read this short article and you will know leading a healthy life is just a piece of cake.

Hong Kong is known for its prosperity. People living here often lead a busy life and therefore they may neglect the importance of being healthy. If we want to be healthy, we can simply start by having a balanced diet – eat less fatty food but more vegetables and drink less soft drinks but more water. What's more, do not stay up late. No matter how busy we are, go to bed early and get enough rest. This may be



difficult for those busy people. But remember, if we do not have enough sleep, our immune system will be weakened and therefore we will get sick easily. If we are sick, there will be more work accumulated. This is like a vicious cycle. So, manage our time well in order to finish our job on time and thus go to bed on time.

Exercising is also important. We should find our friends and play sports together. Weekends are the best time for exercises and relaxation. When we do exercise with our friends, not only our physical health but also our mental health can be improved. Playing with friends can help strengthen our friendship. When we are unhappy, find a time, call a friend, play some sports, be happy and that's what a healthy life is.

Kishi Yip On Ki 2A

Drug Abuse

What do you do when you are under pressure? Do you know that stress brings us many problems? Recently, I have watched a programme called Life with drugs. First, let me give you some background information about the programme. It's produced by RTHK. It's a documentary about a social issue, teenage drug abuse.

According to a recent survey report by Narcotic Division, school children as young as eight years old are abusing drugs. Are you aware of the seriousness of drug taking among young people? In this programme, there are three scenes. The most unforgettable scene is when Ah Kai talked about himself as a drug dealer. He had a misconception that taking drugs was cool. That is why he chose the wrong way.

The next point I want to talk about is the causes of teenage drug abuse. Family pressure is the main reason. Parents are always busy at work, so they lack communication with their children. Children lack proper guidance on their values and behaviours. As a result, they try taking drugs without thinking about the aftermath. In the programme, Duncan took drugs due to the fact that he was under peer pressure, which is another important cause. Duncan made some bad friends. They provoked him to try drugs. They said 'you've no guts'. Duncan couldn't lose face, so he took drugs in the end.

Now, let's discuss the effects of taking drugs. Taking Ketamine leads to depression and lower heart rate. Taking Cocaine results in confusion. In the programme, a girl who took drugs was confused. She was laughing and did not know what she was saying. Besides, teenagers make their parents disappointed if they abuse drugs. In this programme, Duncan felt helpless and couldn't face his parents after he was caught.

Another thing that I would like to say is the solution. I urge parents to pay more attention to their children in daily life and help them develop healthy lifestyles. I hope that teenagers can choose the right way to be happy when they are under pressure. They can talk to teachers, family and social workers if they have problems. To sum up, this programme makes me know more about teenagers' thinking. In my opinion, overcoming the problems effectively needs everyone's helps. As a teenager, I hope young people can fight against drugs and live happily.

He Qi Wei 4B



Attending tutorial schools - a blessing or a curse?



Whenever we turn on a television, read magazines or walk on streets, it is easy to find out so many tutorial schools' advertisements. Most of the advertisements have printed the photos of the tutors and claim that if you join the classes, he or she can help you to get an 'A grade' in the public examinations. It is a sad fact that Hong Kong students are examination-oriented. Not many of them focus on whether they are having all-rounded education. It is essential for Hong Kong students to get a degree. Therefore, many students attend tutorial schools nowadays.

It is no doubt to say that lecture notes provided by the tutors are more useful, clear, detailed and updated than those prepared by our teachers at school. Besides, some tutors used to print colored version of lecture notes in a bid to attract students' attention. It is believed that this can enhance students' study efficiency and they will be more willing to do revision every day. Thus, it can help students to get a higher grade in examinations as they put more effort on it.

Other than that, tutors always teach students in an attractive, interesting and funny way. This can make students more concentrated in classes and make sure that they do not fall asleep and miss out any useful examination skills.

In addition, tutors provide many channels for students to seek help and ask questions such as giving hotlines for students, setting up a website for students to ask questions in a forum or through sending an e-mail. Usually, tutors will also provide extra training, exercises or online-tests for students so as to give them more chances to practise.

However, some people strongly oppose students going to tutorial schools, especially school teachers. They claim that as students use much of their time to attend tutorial classes, they do not have enough sleep or rest. Therefore, students' normal school life will be adversely affected. This is because students will pay less attention in classes. Besides, students who attend tutorial classes cannot join many extra-curricular activities. They always work hard to study and do not care about other development. Schools aim at educating students to become an all-rounder. That is to develop five important elements in education, namely moral, intellectual, physical, social and aesthetic development. Therefore, students should enjoy their school life, not just mainly focus on studying. That's very boring.

Apart from the advantages, attending tutorial schools may create a big financial burden to families because we may think if it is really worth putting many resources on public examinations. However, students should not rely too much on tutorial teachers. They have to learn to be an independent learner and do their best for examinations. Otherwise, when they encounter any difficulties, they will just seek help from parents or others.

As a student, I personally think that attending tutorial schools is the best way to improve our examination skills and the fastest way to help us getting higher grade in public examinations. But, it is important to remind students that they should have a balance on taking rest and attending tutorial schools. Otherwise, they are just wasting money if they do not concentrate on the tutorial classes.

To conclude, it is undoubtedly to say that attending tutorial schools is the most effective and efficient way to help us getting higher marks in examinations. Therefore, I strongly suggest students to attend tutorial schools as Hong Kong is an examination-oriented society, everyone wants to get a degree, isn't it?

Chan Sui Man 6A

Eye on culprits

It is shocking that people are throwing things from the windows of public estates, posing a severe danger to pedestrians. These objects include knives, scissors and hammers, but fortunately nobody has been seriously injured so far.

Authorities are installing more surveillance cameras to catch the culprits, but more people are worried about their privacy. I believe the cameras are there to monitor the streets, not to intrude on anyone's privacy.

Ma Cho Yan 5D



Social issues

Life with Drugs

Today I'm going to talk about a programme, called Life with Drugs . First, let me give you some background information about the programme. It's produced by RTHK. Do you know what genre it is? Well, It's actually a documentary about a social issue, teenage drug abuse.

Do you know how many people are taking drugs in Hong Kong? According to a report by Narcotics Division, more than 90 percent of primary schools it surveyed had discovered substance abuse among students . Just 1 secondary school out of 112 surveyed and only 10 primary schools out of 94 were found to be drug free. These survey results reveal that drug abusers are younger and more widespread.

Teenagers take drugs due to the fact that they are under peer pressure. Curiosity causes teenagers to drug taking. They feel bored and depressed so they try to take drugs.

In this programme, the most unforgettable scene is Ah-Kai, who was the drug dealer, fell down from the stairs after taking drugs at school. It is very serious of taking drugs.

Now, let me move on to tell you about the effects of taking drugs. In the programme, the boys took Ketamine and Cough Medicine. When they took Ketamine, they felt depressed and their heart rates were lower. What's more, they had tooth decay and brain damage while they took Cough Medicine for a long time.

Another thing that I like to say is solution. Parents can spend time getting along with children to comprehend their need. Besides this, school can cooperate with the police to get rid of drug-dealers. The government can set a special team which makes up from the police to investigate where drugs come from.

To sum up , taking drugs can lead to some serious effects . Don't try to take drugs as you will regret. You play with drugs, drugs also play with you.

Lee Pui Yi 4B



Is internet dating a good activity for teenagers?

Nowadays, online dating is a popular activity for people to make new friends and possibly develop a romantic or sexual relationship. To fall into the current trend, the vast majority of teenagers who would like to hunt their partners online are on the rise. However, not many youngsters are well aware of the potential risks of online dating, especially going out with some e-friends whom they do not really know much. Hence, I can undoubtedly tell you that internet dating is not a good activity for teenagers.

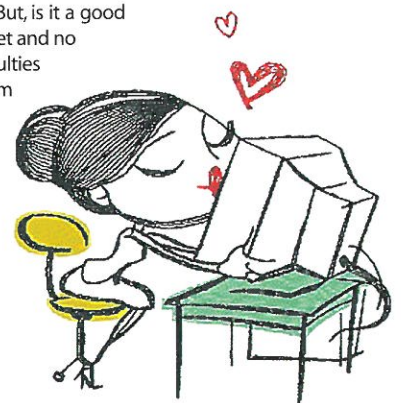
Have you ever thought that why teenagers prefer making friends online? There are several reasons. First, internet dating is a good way for teenagers who are quite busy or with little network to come across new friends or know the opposite sex. Unlike dating arranged by marriage agents, internet dating has avoided face-to-face interaction, which is more convenient and can reduce unnecessary embarrassment.

People in Hong Kong are always occupied with their work and thus choose their partners from the internet. But, is it a good activity for the youth? In fact, internet dating will affect teenagers' inter-personal skills as they rely on the internet and no longer have face-to-face communication. Besides, teenagers who are addicted to the internet might have difficulties in developing real life relationship. Many of them also go out with some e-friends. I think it is not sensible for them to meet those friends. How much do you understand them? Indeed, there are cases of being cheated by unknown friends from the internet.

To help teenagers to develop more positive view of life, parents should try to encourage them to join more activities and let them be more confident and outgoing. Their inter-personal skills can also be improved when they kick the habit of online dating.

To conclude, internet dating is not a good activity for teenagers. There are various activities that the youth can choose. I ensure that teenagers can also make more new friends and open up their horizons without the internet.

Wong Man Lee 5B



Social issues

The banning of violent videos and computer games

Undoubtedly, violent videos and computer games can impose negative effects on teenagers and kids. This is because they are generally not mature enough to determine what should be done or not. They are vulnerable to these messages and will learn to be violent. Letting violent videos and computer games expose to teenagers is definitely doing no good to them. However, is banning these videos and computer games going to function well as we expect?

In this era of information technology, it is very easy to obtain information. Hence, it is inevitable that violent materials can reach teenagers easily as they know how to use the Internet to get whatever information they want. Since they are able to get violent materials conveniently from the Internet, why do they bother to buy them from shops? In other words, if they really intend to obtain violent messages from the net, the measure of banning violent videos and computer games cannot help the spread of violence.

The second reason stands against the banning is that education is more effective. There is no doubt that banning of violent videos and computer games can ease the problem while educating the youth can solve it. We must realize that it is unrealistic to stop teenagers getting violent information from different means. If we insist on stopping teenagers contacting violent media, they will be more curious and eager to find out what they are. Therefore, it is impossible to prevent children from contacting this kind of information completely. Instead, we should let them understand the harmful effects of violent videos and computer games on teenagers. This will undeniably work better than merely banning them from buying violent videos and computer games.

Last but not least, the suggestion of banning violent videos and computer games will only waste the resources of the government. First, relevant government departments have to work out the definition of violence. Sometimes, it is hard to tell whether the materials contain "violent" information or not. For example, should a movie which contains elements of martial art be defined as "violent"? If there is no clear definition or instruction, it is difficult to carry out related measures.

Moreover, is there any staff who would check the IDs of suspected under-age buyers? Unfortunately, even we have made use of lots of resources, the situation may not be able to be improved.

The proposal of banning violent videos and computer games for teenagers under 18 has a good intention but it is bound to be an ineffective tool to stop violence. That's why I stand against the proposal. I hope all of you can understand my stance.

Cliff Chan 75



computer games



violent videos



Let's save energy and resources

We need to save energy and resources. The main reason is that nearly all of Hong Kong's power comes from fossil fuels that have to be imported. Once they have been burnt, these fossil fuels are gone forever. So the more energy we use each day, the less is left for the future.

What's more, burning fossil fuels creates pollution, and this is affecting the earth's climate. We need to do something about it now.

To save energy at home, turn off the light if you are going out of a room for more than five minutes. Also, turn off televisions, computers, radios and stereos when no one is using them.

If you need to warm up or defrost small amount of food, use a microwave oven rather than the stove to save energy.

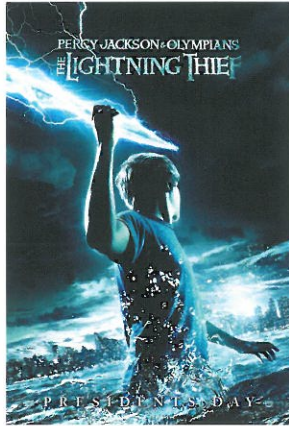
Energy-saving ideas used at home can also be used in school. For instance, teachers could choose a weekly "energy monitor" – a class member appointed to make sure, for example, that lights are out when there's no one in a room.

Everybody has a part to play. Let's work together to reduce energy consumption.

Lam Yuen King 5D



Book reviews



The Lightning Thief Percy Jackson & the Olympians

Have you ever thought that you have some really special ability before? If yes, I have a recommendation for you – Rick Riordan's book, *Percy Jackson & the Olympians: The Lightning Thief*, published by Disney Hyperion Books.

It's a story about a boy, Percy Jackson, who studied in a private boarding school for troubled kids in New York. He was impulsive and irritable, but he was brave and heroic. Everyone thought he was just a troubled kid, but he possessed supernatural power that could turn the world upside down. The first astonishing act he did was to make his Algebra teacher vanished with a sword transformed from a pen! Why could he possess such power? Who was he? He was Poseidon's mortal son!

In the story, Percy Jackson and his friends, Grover Underwood and Annabeth Chase, were half-blooded, which means the descendants of gods. They gathered in a summer camp at Half-Blooded Hill, who naturally attracted monsters to kill them.

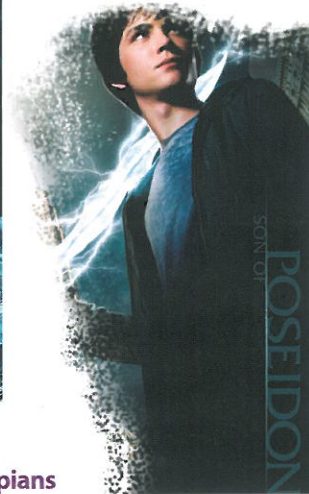
Although he suffered from dyslexia, he could understand ancient Greek and Greek myths well, which helped him get in touch with ancient Olympian gods. As expected, he infuriated a few powerful ones, as he was the prime suspect of stealing a lightning bolt from Zeus. As a result, Zeus, the owner and Hade, the potential thief, were trying to kill Percy while Percy and his friends were tracking the real thief in ten days.

I find that the gods in the book are the same as human in nature. They would be jealous as they brawled with each other or even started war.

After reading *Harry Potter*, I think this is the next best fiction I've read. It has brought me to an exciting journey throughout a magical world. This book is also related to Greek mythology, which is so intriguing. I admire the author's creativity. To me, it's an original way to write about ancient gods in the human world, living as normal as those who wear Hawaiian T-shirts or become school teachers. I can imagine ancient history re-occurring in the modern days.

I recommend this book to teenagers because it's a book full of magic and beyond your imagination. This book refreshes your mind and makes you read non-stop once you start reading. It also tells you about broken family, friendship and loyalty. To conclude, *Percy Jackson & the Olympians: The Lightning Thief* is absolutely captivating.

Kwok Sze Man 4E



Martin's Mice Dick King-Smith

Martin's Mice, written by Dick King-Smith, is about a cat, called Martin. Although Martin's family liked eating mice very much, he was special. He never ate mice. Instead, he had an innovative idea of keeping a mouse as a pet, so he kept Drusilla in a discarded bathtub. Martin did everything to make it happy, such as finding food for her, getting her a mate, rescuing her kids from his cat brother and sister and so on.

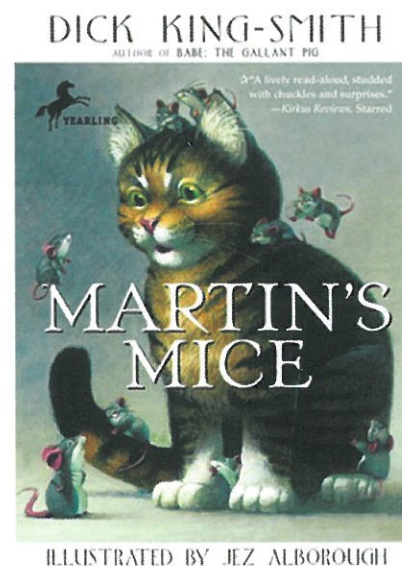
One day, all his favorite mice were leaving him. Martin felt so heart-broken and he did not understand why his pets left him until Martin was apprehended by a human being. Then, he realized how much the mice craved for freedom. At last, the fox helped Martin return home. After that, Martin did not capture mice for his own sake. He only wanted to become friends with Drusilla's family. Gradually, real friendship grew when he treated them as equals.

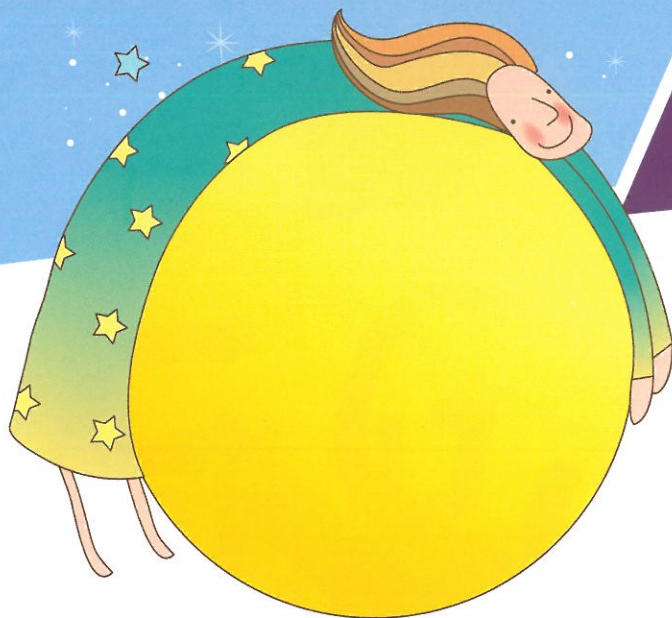
The main character of this story is Martin. I like Martin very much, because he was brave to be different from others and always protective to the other kinds. He had a lot of patience to look after the mice family. I think he is a hero for the mice.

In the story, my favorite part is that Martin took one of Drusilla's sons out of the bathtub and liberated him. He was able to let go against his will for the good of the mouse. He was still worried about the mouse's safety, so he told the mouse how to protect himself. I admire his caring and understanding character.

After reading *Martin's Mice*, I learn that we need to treat animals with respect. If you have pets, taking good care of your pet is not enough, we should give them more space and respect their nature. I suggest teenagers and children who love animals should read this book as it is very interesting with unpredictable plots.

Sharon Poon Hoi Wan 4E





Poems

The moon smiles at me tonight.
The sun cries with his father.
The sky looks at me.
The sea dances with his friends.
The star shouts at his brothers.

Lai Kai Yin 1B



At night, the moon is a yellow orange.
The moon is like a birthday cake.
The moon is as round as a plastic ball.
The moon is as big as a yellow balloon.
The moon is as happy as a baby.

Kelly Lam 1A



The moon is a cake.
The moon is a happy clown.
The moon is a light bulb in the sky.
The moon is like a red ball.
The moon is like a big egg yolk.
The moon is as fat as a balloon.

Choi On Ki 1A

The Moon

The moon is like a yellow mango cake.
The moon is a yellow round clock.
The moon is in the sky, everyone can see it.
When I see the moon, I am excited.
The moon is as beautiful as a piece of jewel.

Yuki Yeo Wing Sum 1A

My teacher

The teacher talked about
The table tennis team with
Tony in the class.
Then Tony goes to the toilet.

Man Wing Ki 1B



The Cat

The cat is curious to play with the computer.
The cat bites off the cable and connection failed.
The cat goes to the computer company to complain about the case.

Yeung Ming Lok 1E



Summer

Summer sun brings sunshine to Susan.
Susan goes to eat sushi with Suki.
Suki goes swimming with Sally.

Chan Hiu Ching 1B



The Sea

There are many starfish in the sea.
Sam is searching for starfish under the sea.
The starfish are playing hide and seek with Sam in the sea.

Yeung Kai Tok 1E

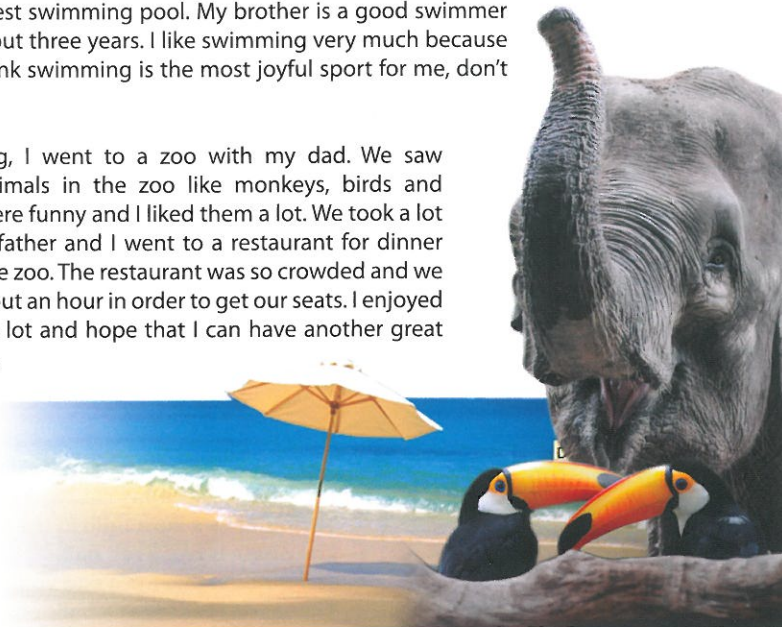
My last summer holiday & ghost story

My last summer holiday

I had a happy summer holiday last year. The most enjoyable thing for me was swimming with my brother. We went swimming together on a hot sunny day in the nearest swimming pool. My brother is a good swimmer who has swum for about three years. I like swimming very much because it makes me cool. I think swimming is the most joyful sport for me, don't you think so as well?

Apart from swimming, I went to a zoo with my dad. We saw different types of animals in the zoo like monkeys, birds and pandas. All of them were funny and I liked them a lot. We took a lot of pictures there. My father and I went to a restaurant for dinner after we had visited the zoo. The restaurant was so crowded and we needed to wait for about an hour in order to get our seats. I enjoyed my summer holiday a lot and hope that I can have another great summer holiday soon.

Lui Pak Hung 2D



Ghost story

A disappeared house

It was a dark and stormy night. Sally and Maggie were sleeping. Suddenly, Sally heard some noises in the bathroom. Sally was frightened and woke Maggie up and said, "Listen, Maggie! Someone is in the bathroom."

"Really! Really! Someone is really in the bathroom!" Maggie replied.

"Yes, Maggie. Someone is in the bathroom. It is very horrible," Sally said.

Suddenly, the phone rang. Sally answered the phone and said, "Who are you?" The ghost replied, "You don't know who I'm. I call you because you will die at 12 o'clock. Ha! Ha! Ha!"

After answering the phone, Sally was shivering. Then Maggie said, "What's happening, Sally?" She finally suggested packing the luggage and leaving the house before 12 o'clock.



When they left the house at 12 o'clock, the house disappeared.

"We are very lucky as we can leave the house before 12 o'clock so as to escape from death," Maggie said.

Toby Yeung 2A

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